

# Spice of Life

Nutrition Education Newsletter



MEALS on WHEELS  
PINELLAS COUNTY

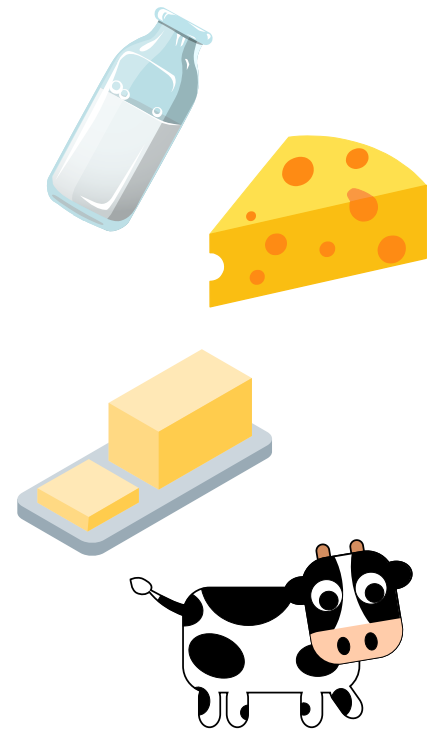
June 2022

Brought to you by your  
Licensed Dietitian Nutritionist

## Have You Eaten Your 3 Servings of Dairy?

Don't have a cow! It's easy to get your daily **three servings of dairy**. Whether you prefer cheese, yogurt, milk, or another delicious dairy product, these foods are packed with nutrients like B vitamins, zinc, and vitamin A to keep you going all day long. According to the National Dairy Council:

- There are **13 essential nutrients** in each serving of milk.
- Dairy foods provide about **52% of the calcium, 51% of the vitamin D, and 17% of the protein** eaten by Americans.
- Eating dairy foods can help **improve bone health, reduce blood pressure, and lower your risk for type 2 diabetes**.
- Lactose intolerant? No problem! Research shows that people with lactose intolerance are likely able to stomach varying degrees of lactose. **Lactose-free milk or lactase enzyme taken with dairy** works too.
- If you're vegan or have a milk allergy, many alternatives such as **soy, nut, oat, hemp, or rice milk** are fortified to provide similar nutrition to cow's milk.



### Florida Produce of the Month: Tomato

Did you know? Tomatoes come in all colors of the rainbow, except for blue! They are rich in Vitamins A & C, which can help fight infection and keep skin, hair, and bones healthy. Unripe tomatoes will ripen in warmth and sunshine, like on your windowsill. They should be stored at room temperature (not in the refrigerator), and they're in season all year round!

Sources: Dairy Nutrition. <https://www.usdairy.com/dairy-nutrition>

The Sun-Kissed Tomato. <https://www.fdacs.gov/content/download/61456/file/MYFRESHPLATEDAY-FLYER-TOMATO%20ADA.pdf>

What You Need To Know When Choosing Milk and Milk Alternatives. <https://health.clevelandclinic.org/what-you-need-to-know-when-choosing-milk-and-milk-alternatives/>

Did you know nutrition counseling is free for anyone over age 60?

Call 727-573-9444 to speak with your dietitian.